

AM SWEAT- SWEAT IN THE MORNING TO CRUSH THE DAY!

OUR PHILOSOPHY:

Doing more through fitness to be more productive at work, at home and in Life!

Here's How It's Done :

- Workouts change every 3 weeks.
- 3 different Strength workouts per week. *MWF*
- 2 different Conditioning/ Core/Corrective workouts per week. *T/TH*
- 50 Min individualized training in small group format (7 or less per class).
- Modified and designed for all ages (18+) and ability levels.
- Large emphasis on spine, hip, core, joint and proper movement patterns.
- Proper posture/alignment and injury prevention and rehabilitation.
- Built and created to improve you physically, mentally, emotionally.
- Challenging and structured to bring out the athletic beast inside of you!

CLASS TIMES:

M-F: 5am, 6am, 7am, 8am, 9am
MWF: Strength Focused
T/TH: Conditioning Focused

WHAT CAN YOU EXPECT:

- Result driven design using functional equipment; TRX, dumbbells, barbells, ropes, bags, balls, bands and bodyweight.
- Designed and led by USAW, NASM or CSCS certified Coach/Trainers.
- Combines mobility, stability, strength, power, core and cardio in a safe, effective and fun environment.
- Weight loss, muscle gain, sport performance, whatever your goal is, we will help you achieve it.
- Monthly MVP, Quarterly Combine (fitness test) EX: Vertical jump, broad jump, 10 yard burst, pull-ups and push-ups.
- Higher productivity, stress management, healthier/happier version of YOU!

**50-minute
Sweat Sessions.**



Every member receives a phone app with injury preventative exercises!

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**First Class Is
Always FREE**

REDLINE PERSONAL TRAINING:

- Specialized treatment programs developed for individual needs
 - FREE initial assessment and evaluation
- Every client receives a phone app with injury preventative exercises
 - Personalized functional movement exercise programs
- Learn how to recover from an injury and how to prevent future injuries
- All trainers are certified
 - Nutrition basics
 - Expect results!



Call or Visit
REDLINE[®]
Today!

HOW DO I GET STARTED?

Show up for a class or call to schedule a free evaluation.

**#INDIVIDUAL
ATTENTION
WITH
GROUP
ACCOUNTABILITY**

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DO More,
Become **MORE.**



REDLINE[®]
ATHLETICS
ADULT STRENGTH AND CONDITIONING

**I AM
SWEAT:**